

## My Successful Journey to Wellness

After working for the state for over 6 years, I've picked up quite a few extra pounds due to sitting at my desk all day, eating at all of the potlucks and all of the sweets that are in the office. So when I was asked to participate in **6 Weeks to Wellness (6W2W)** @ [www.michigan.gov/mdcs/0,1607,7-147-22854\\_24290\\_25460-80077--,00.html](http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290_25460-80077--,00.html), I thought I'd give it a shot because I had nothing to lose except the extra pounds I'd gained! At the time I was feeling really tired, I had no energy, was irritable, and I just felt unhealthy!

After joining the program, a co-worker and I began walking during our breaks which really helped and I began eating better. Around the second week of the activity I found out why I was feeling so tired and irritable. My doctor told me that I had type-2 diabetes which was really scary! I knew that losing weight and exercising was no longer an option - it was a must because I was determined to beat this thing called diabetes!



**By the end of 6W2W I had lost 15 pounds and won the *Biggest Loser Challenge* for our office. Today I have lost a total of 25 pounds and my diabetes is now under control. I love the way I feel; I have more energy; I feel healthy and I look great! I enjoy the compliments that I receive and wearing the old clothes that didn't fit. I plan to keep going and lose more weight.**

I feel that 6W2W gave me the push that I needed to lose weight and be healthier by exercising and eating right. Without the program my diabetes could have been much worse and instead of it being regulated by pills I could have been on insulin. I would encourage everyone to participate in 6W2W and for anyone who doubts it to just try it for yourself and you'll see the results. It worked for me!

Sincerely, **Jeanette Brown**, Saginaw DLEG